



Healthier Generation

– Start Today for a Healthier Tomorrow

Did you know
one out of three
children and teens
in our country
is overweight?

KEHP wants to help
fight this trend.

What is the Healthier Generation benefit?

KEHP has teamed with Humana and the Alliance for a Healthier Generation, to bring you the Healthier Generation Benefit in 2011. Children who qualify receive:

- ✓ Four office visits to a primary care physician, or other qualified doctor, for a weight-management assessment, and
- ✓ Four visits to a registered dietitian, or other qualified doctor, for nutritional counseling

How do I know if my child qualifies?

To qualify, the child must be:

1. A dependent of a KEHP plan member,
2. Between the ages of 3 and 18, and
3. Considered overweight for his or her age group

A primary care doctor can help find out if your child qualifies. Any child in the 85th percentile range or higher is eligible.

Use the links below to see if your child is overweight.

- **BMI:** <http://apps.nccd.cdc.gov/dnpabmi/>
- **Weight percentile range:**
http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html

How do I use this benefit?

This benefit is easy to use. There's no enrollment or referral required. Here's how it works:

1. Talk to your child's primary care doctor to see if your child qualifies
2. If your child qualifies, the doctor can provide a weight-management assessment
3. Ask the doctor if he or she knows a dietitian who can provide nutritional counseling
4. Visit the dietitian
5. Set goals with the doctor, dietitian, and your child
6. Schedule follow-up visits with the primary care doctor and dietitian

Please get involved with your child's health. For details on what to ask the doctor and how to help your child live healthier, visit www.healthiergeneration.org.

What if I can't find a dietitian?

Don't worry! If you can't find a dietitian, you can:

1. Ask your child's primary care doctor if they can recommend a dietitian
2. Search on Humana.com under the "Find a Doctor" section
3. Call Humana's Customer Care team at 1-877-597-7474, Monday – Friday, 8 a.m. – 7 p.m.



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